

The Recipe for Eritrean food

This recipe is for ten people. Berbere is a traditional chili powder (pulver). You can buy it in Eritrean grocery store, the sauce will not taste good with other chili powder!!!

A'des oder Tumtumo mit Kurkuma

800 g Linsen
800 g Tomaten
350 g Karroten
650 g Zwiebel
230 ml Öl
5-6 Knochblauchzehen
4 g Kurkuma

First boil the lentils (linsen) in a dish until it is soft and yellow in color. In another dish add oil and small cuted onion. When the onion is Caramelized add the tomatoes and cook it until it is soft. Then add the Tumeric (kurkuma) cook for five minutens. After this kurkuma sauce is ready add the boiled lentils (linsen). Cook for 15-20 minutes until the sauce and the boiled lentils (linsen) is thoroughly mixed. When 5 remain for the dish to finish add the garlic and remove it from the the heat.

A'des oder Tumtumo mit Chili Pfeffer

30 g Chili pfeffer pulver (**Berbere**)
800 g Linsen
800 g Tomaten
650 g Zwiebel
230 ml Öl
5-6 Knochblauchzehen

First boil the lentils (linsen) in a dish until it is soft and yellow in color. In another dish add oil and small diced onion. When the onion is caramelizedm, add the tomatoes and cook it until it is soft. Then add the **Berbere** cook for five minutens. After this, **Berbere** sauce is ready, add the boiled lentils (linsen). Cook for 15-20 minutes until the sauce and the boiled lentils (linsen) is thoroughly mixed. When 5 remain for the dish to finish, add the garlic and remove it from the heat.

Alichia

750 g Karroten
350 g Zwiebel
230 ml Öl
5 g Kurkuma
1 kg Kohl
1 kg Kartoffeln
200 g grun pepperoni
5-6 Knochblauchzehen
Frying oil

Cut the onion and the cabbage in a thin slices. Pour oil in a pan or dish and add the cabbage. Or first boil the cabbage with a small amount of water until soft, then cook it with onion and oil later. After both, the onion and the cabbage are caramelized, add the Turmeric (kurkuma) and cook for 10-15 until the bitter taste of the turmeric (kurkuma) is a bit reduced. Once all is incorporated add garlic, cook for 5 minutes and removed from heat and set it aside.

Cut the potatoes and the carrots in long thin slices. And fried them in a frying pan until well done.

Cut the pepperonis also in long slices, either fry them for 30 seconds or can be eaten as they are raw.

After that mix all the ingredients without heat, with the cooked cabbage.

Zebhi' Dorho

1 kg Pouletschenkel
500 g Zwiebel
80 g Chili pfeffer pulver (**Berbere**)
100 g Knochblauch
6 Eier
500 g Tomaten
230 ml Öl

Boil the egg in a dish.

Dice the onion in a small pieces. Put in a dish and cook it without oil until the onion loses its water. Then after that add oil and cook until the onion change its color to brown. Add **berbere** and cook for 5-10 minutes, adding few water and stirring frequently so that the dish will not get stuck at the bottom. After that add the tomatoes, and cook it until all is soft for about 20 minutes. After that add the chicken and garlic, cook for about 30 minutes and remove from heat.

Remove the shell from the eggs and put the boiled eggs in the sauce and serve.

Ha'mli (Sautiert grün)

1 kg Schweitzer Mangol (swiss char)
Oder Spinat
250 Zwiebel
6-7 Knochblauchzehen
125 Öl
Und Salz und Pfeffer

Slice the onion thinly and put in a dish with oil. Cook until the onion is soft and add the spinat or Schweitzer Mangol. Stir constantly in a high heat, sauté if fresh vegetable until it is soft. Add garlic, satl and pfeffer, stir for 10 minutes remove from heat.